

Creamy Zucchini Dill Soup

Recipe By Rivki Rabinowitz



Cooking and Prep:  45
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Serves:  6

No Allergens

Preference: Parve

Difficulty: Easy

Occasion: Yom Kippur

Diet: Low Carb, Low Fat,

Paleo, Gluten Free, Vegan,

Vegetarian, Pescetarian, Sugar

Free

Combining cauliflower with the zucchini and dill yields a creamy, comforting soup.

Ingredients (12)

Soup

3-5 onions

8 zucchinis

1 head of cauliflower, or 1 bag frozen

salt

3 tablespoons dried dill or 9 cubes **Dorot Gardens Frozen Dill**

1 tablespoon tamari (*optional*)

1 tablespoon oil

water

Optional garnishes

seeds

shaved carrot

diced grilled chicken

smoked paprika

Start Cooking

Prepare the Soup

1. Heat oil in a pot as you dice onions. Add the onions and let them steam until translucent. Add salt.
2. Cube zucchini and cauliflower, add to pot, and salt again. Let soften.
3. Slowly add water to cover. Add seasonings, cover, and let simmer 30-60 minutes.
4. Once softened, blend into a smooth puree.
5. Garnish as desired.